

true balance

everything you want nothing you can't



True Balance is a dedicated allergen friendly station.

All items are made without the top 9 allergens & gluten. Items are stored separately and prepared in a designated area by AllerTrain® certified employees.

WHERE TO START

- ✓ Notify the dining team of your allergies and/or special dietary needs.
- ✓ Schedule a meeting with the dining team. We'll work with you to develop a plan to help navigate the dining options.
- ✓ Keep in touch. If we do not hear from you, we believe that you are successfully navigating the dining locations.

We prepare food in open kitchens where cross-contact with foods containing allergens may occur & we rely on our supplier's ingredient listings. As such, we cannot guarantee a completely allergen-free environment.

MORE INFORMATION

If you would like more information, have questions about meal plans, or need help with anything involving campus dining, please contact us:

General Manager

Haley DuBois
hunt-haley@aramark.com

Chef Manager

Behnam Alimirzaei
alimirzaei-behnam@aramark.com

WEBSITE

ADAMSSTATE.CAMPUSDISH.COM



Health & Wellness Guide

TOOLS TO MANAGE YOUR NUTRITION

EAT_{TO} EXCEL[®]

WITH YOU EVERY MEAL OF THE WAY

CAMPUS DISH

Manage Your Nutrition



NUTRITION ICONS

Find fresh and healthy ingredients in every bite. Just look for the icon on the menu to identify recipes with these attributes!



Icons

Easily identify menu items in the La Mesa Dining Hall that contain carbs, protein, and colors to fit with your training needs.



RISE APP

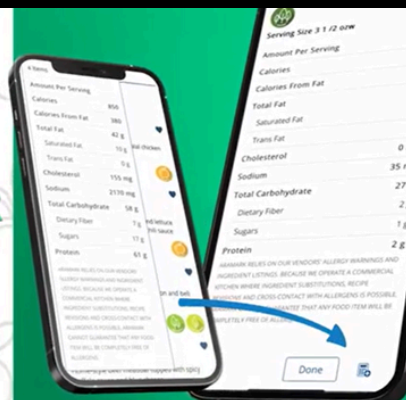
Track and log your intake from anywhere including the La Mesa Dining Hall menu. Dietary and hydration needs will adjust based on planned workouts.



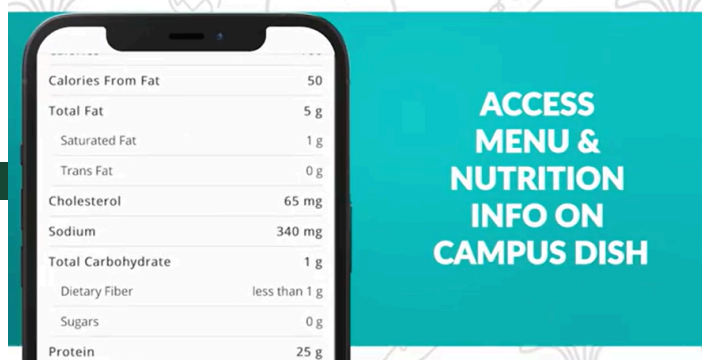
Scan for the
free
RISE App!

USE THE
MEAL
CALCULATOR

Track your
Nutrition



- See menu options one week in advance
- Add items to the calculator to track your nutrition throughout the day
- Allergen & ingredient information
- Nutrition icons to identify certain items such as vegan & vegetarian



ACCESS
MENU &
NUTRITION
INFO ON
CAMPUS DISH

FYP365.COM

FEEDING YOUR POTENTIAL

Visit the website for chef inspired recipes, nutrition and wellness blogs, and 5 minute podcasts

GET THE INFORMATION YOU NEED WHETHER
YOU'RE ON YOUR COMPUTER, TABLET OR
SMARTPHONE



Lower in calories,
saturated fat and
sodium



Whole grain is a main
ingredient



Selections made with
ingredients that do not
contain gluten



No animal protein,
dairy, eggs or honey



No meat, fish, or
poultry



Plants are at the center of
the plate and may
contain a small amount
of animal protein



Items have a reduced
impact on the
environment